

Conference co-sponsored by Brookhaven National Laboratory, American Heart Association, Suffolk County Department of Health Services, St. Francis Hospital

Workplace Wellness

Creating Lasting Change

Tuesday, April 15, 2008

8am – 4pm

Brookhaven National Laboratory, Upton, NY

start!

your journey here

Creating Lasting Change – A Workplace Wellness Conference to be held April 15th at BNL – Not be missed! This conference will present an innovative approach for tackling issues that are key to a healthy work environment.

Topics such as fitness, nutrition, adequate sleep are all ingredients critical to a healthy and productive work environment, will be addressed.

Wellness Tool Box Panel Present resources to implement tomorrow!

American Cancer Society, American Heart Association, Cornell Cooperative Extension, Suffolk County's Learn to Be Tobacco Free Program

We hope that you will learn, enjoy and be well!

Who should attend?

This conference is geared for human resources/benefits managers, owners/managers of businesses, EAP staff, NPs, PAs, social workers, mental health professionals, clinicians, nurses and physicians.

Conference Agenda – April 15, 2008 – 8am – 4pm, \$35 Registration: <http://www.bnl.gov/workplacewellness/> For info call Michael Thorn, 631-344-8612



8:00 - 9:00	Registration, Continental Breakfast & Meet the Exhibitors/Experts
9:00 - 11:30	Welcome and Overview — Michael Thorn, RN, M.B.A. Mr. Thorn is the Manager of the Health Promotion Program at Brookhaven National Laboratory and a Certified Workplace Wellness Program Consultant. Keynote — Creating a Culture that Supports Wellness — Judd Allen, PhD Dr. Allen, President of the Human Resources Institute, LLC, will provide a review of field-tested wellness programs and systematic strategies for integrating culture change into wellness programs. Healthy Lifestyles: Practicing What We Preach — Humayun Chaudhry, D.O., FACP Dr. Chaudhry, Commissioner of Health Services for Suffolk County, N.Y., will discuss a novel approach to instilling principles of wellness among public health personnel, as a pilot program to an ambitious county-wide effort Establishing Healthy Worksite Environments that Support Healthy Eating Habits — Josephine Connolly-Schoonen, PhD, RD Ms. Connolly-Schoonen, a registered dietitian and Clinical Assistant Professor of Family Medicine at Stony Brook University Medical Center, will speak about the nutritional management of chronic illness and obesity as an important component of any effective wellness program.
11:30 - 12:30	Box Lunch/Networking
12:30	Promoting Health and Fitness in the Workplace — Jennifer Gatz, M.A., M.A.T. Ms. Gatz, a Clinical Exercise Physiologist and ACSM Certified Exercise Specialist, will review options for promoting specific health and fitness programs at the workplace. Staying Awake at Work — Steven Feinsilver, MD, FCCP Dr. Feinsilver, a Sleep Medicine Specialist affiliated with Cardiovascular Medical Associates, Garden City, NY, will discuss the causes, diagnosis, and effective management of common sleep disorders. The Heart of Wellness — Akram Boutros, MD, FACHE Dr. Boutros, President of the Long Island Chapter of the American Heart Association, and Chief Administrative Officer of St. Francis Hospital, Roslyn, NY, will review the AHA's Start! Initiative. Wellness Tool Box Panel Present resources to implement tomorrow! Panelists: American Cancer Society, American Heart Association, Cornell Cooperative Extension, Suffolk County's Learn to Be Tobacco Free Program
4:00	Conference Evaluation and Conclusion

*Stress reduction breaks provided by Cheryl Kurash, PhD, Stony Brook University Counseling Center

Conference Committee Members

Co-chairs

Humayun J. Chaudhry, D.O., FACP



Commissioner
Suffolk County Department
of Health Services

Akram Boutros, MD, FACHE



Executive VP and Chief Administrative Officer
Saint Francis Hospital - The Heart Center
President, American Heart Association –
Long Island Chapter

Michael Thorn, RN, MBA

Certified Workplace Wellness Consultant



Health Promotion
Program Manager
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Committee

American Heart Association

Karen M. Curley, MPA



Regional Director
Start! Heart Walk

Suffolk County Department of Health Services, Division of Preventive Medicine

Lori Benincasa

Director of Health Education

Wendy Ladd, M.S.

Public Relations

Nancy Hemendinger

Learn To Be...Tobacco Free Program

Laura Giardino, MS, CNP

Learn To Be...Tobacco Free Program